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'Significant improvement' in child protection

THE MINISTER for Children and Families, Edward Timpson MP, has praised the 'significant improvement' in child protection work in progress made by West Sussex County Council.

In a letter to County Council Leader, Louise Caldwell, Mr Timpson recognised the council as the 'good progress' that made in addressing the issues raised in Ofsted's recent inspection, where the council was rated 'adequate for children's safeguarding'.

The Council has since been inspected again and is now rated as 'satisfactory' at doing what is required to keep children and young people safe (adequate).

The letter went on to say that the

improvements 'have moved to the control' following the case inspection had now been implemented.

Peter Evans, County Council Cabinet Member for Children - Start of Life, said: 'Our staff, managers and members should be pleased for the hard work they have put in to make these changes come about. This is a great achievement, however, we want to improve further and I know everyone will be working towards it even better because when we are not inspected.'

Mr Timpson said the 'improvement journey' made by the County Council should be shared with other local authorities who are facing similar challenges.

Man injured on Bognor scaftron

POLOGES are trying to discover how a man sustained serious head injuries on Bognor Scaftron.

At 3.40pm on Monday 25 May, officers were called to the Bognor Scaftron, after a 21-year-old man from Lewes, who had been visiting friends locally, had been found lying by a bench, with facial injuries which require a fractured skull. He was taken to St Richards Hospital, Chichester, where his injuries have been assessed as

serious but not necessarily life threatening.

(Surrey County Council) The 21-year-old was not due to be on the Scaftron when the injuries were sustained and we are investigating the possibility that they were the result of an assault. 'We are asking anyone who was around the pier area early on Monday morning and who saw anything suspicious, to call us on our general award 101 or 999. You can also call our dedicated Sherry Close Support on 01243 222 042.'

A 34-year-old man has died following a road traffic collision in Midhurst.

The crash happened on Sunday 1 May just before 6pm on the A20, North Street. The victim said that his year-old wife was

travelling in their Vauxhall Astra on the bridge that crosses the River Ardon when it was in collision with a HGV from Dover.

The 34-year-old husband of the Dover River was occupied.

Man exposes himself in Chichester

POLOGES are asking help from the public in identifying a man who exposed himself in Bishop Luffa Close, Chichester, on Wednesday 10 May.

Witnesses have told officers that they saw the man at about 10pm at the corner of Bishop Luffa Close, after exposing himself to a group of friends.

A police spokesperson said: 'Despite officers immediately attending, the man had already gone from the area and has not been traced. This was a very upsetting incident for

them that witnessed it and we are anxious to find the offender as quickly as possible. 'He has been described as white, 40-45, tall, of stocky build, bald or short-cropped hair, with a large nose. He was wearing a black puffer-style jacket, white shirt and black trousers.

'Anyone with information is asked to call police on 101, quoting serial 1279 of 10 May. Alternatively call the independent charity Crimestoppers anonymously on 0800 011 333.'

Police appeal after a collision in Bognor

POLOGES are appealing for information following an accident between a cyclist and a car in Bognor on Tuesday 13 May.

Officers received a report that a silver car collided with a cyclist on the A20, Chichester Road close to the junction with Oxford Avenue at around 7.30pm resulting in minor injuries to the 39-year-old cyclist and minor damage to the car.

A silver SEAT CLEVER of a dark Mercedes car and a 19-year-old male passenger, have both suffered minor but not life-threatening injuries when they were involved with a car in Chichester on Friday 14 May.

Police, emphasised that West Sussex Fire and Rescue were called to the accident on the A20, North Street, Bognor.

The driver was taken to St Richards Hospital and his passenger was taken to the Royal Sussex County Hospital in Brighton for

which was driven by a 30-year-old man from Aldingbourne.

PC Trevor Johnson from the Road Policing Unit said: 'We are investigating what led up to the collision and would like to hear from any witnesses who have not yet spoken to police. Please call 101 quoting serial 1279 of 13 May if you have any information that could help us to solve our enquiries.'

Investment

PC Jon Lewis from Road Policing Unit said: 'There was no collision with the Mercedes prior to the collision with the silver car, so we are investigating what led up to the collision with the silver car.'

'The road was closed for several hours while West Sussex Fire and Rescue worked to remove both cars involved in the accident. There the investigation is a task of traffic and I would like to thank drivers for their patience.'

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Sussex Police donate money to Chichester charity



CHICHESTER Police has donated £500 to Chichester Area Talking News to fund their own equipment.

The donation comes from the Police Property Act Fund (PPAF), made up of monies received by the police from property confiscated by order of the court and then sold.

PCSO Ruth Davidson said: "It was a wonderful way for blind and partially sighted individuals to access up-to-date information and it covers such a broad area across the district. Being able to help support this is a great feeling."

Boat and kayak stolen

DURING Thursday morning, a Maya green glass fibre sailing boat and a Pioneer 13 canoe/kayak were discovered stolen from Hailat Lane, Eastbourne, near Maffra's. Both had been secured around a tree with a chain which was cut.

The missing boat is identified with the word 'Crested' and a telephone number on

the hull, but the kayak has no markings.

PCSO Jason Lewis said: "If you have seen either of these or have any information regarding their whereabouts, please contact Sussex Police on 101, quoting serial 0911 27191. There are also independent charity Coastguards on 01323 555 111."

Report highlights 'state of nature'

THE RESULTS of the national, State of Nature report indicate the positive news at Chichester Harbour Area of Outstanding Natural Beauty.

Ed Rowell, Chichester Harbour Conservator and Conservancy Officer for Chichester Harbour Conservancy, said: "We applied for national recognition in 2010 as a result of our foresight in protecting the ground-breaking piece of work 'State of Nature'. It will take some time to fully digest the findings of the report, but it confirms some worrying trends that are echoed in our own analyses on wildlife populations in and around Chichester Harbour."

The report estimates that only 10% of the species studied have declined in recent decades and 20% have declined strongly. The local pattern in Chichester Harbour reflects the situation, with declines and loss in farmland bird species including Turtle Dove, Redstart and Chiffchaff. The report also notes that some species are only hanging on in specially managed plots.



However, Ed adds: "There are winners as well as losers. Cot's Plover and Little Egret have increased the area in the past 30 years are increasing to consolidate their position. Many of our other wetland species for which Chichester Harbour is an important, including Great Green and Green-winged Teal, populations are increasing. The report also notes that the local pattern in Chichester Harbour reflects the situation, with declines and loss in farmland bird species including Turtle Dove, Redstart and Chiffchaff. The report also notes that some species are only hanging on in specially managed plots."

Chichester Harbour Conservancy encourages a network of people largely working volunteers in a range of wildlife monitoring activity. The conservancy programme monitors the local situation as well as feeding data on colonial nesting species, which the State of Nature report is based.

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Ofsted judge Midhurst Rother College "outstanding" in every category

STAFF AND STUDENTS at Midhurst Rother College are celebrating after receiving Outstanding, the highest Ofsted rating, in every single category following a full two-day inspection at the beginning of May.

In the Report, Midhurst Rother College, which opened in 2009 and is a member of United Learning, received the highest rating in all four Ofsted inspection judgements:

- Achievement of pupils
- Quality of teaching
- Behaviour and safety of pupils
- Leadership and management

Across the board, Ofsted inspectors were exceptionally impressed with everything they witnessed at the College from the leadership of staff to the experience of students.

Quotes from the Report, which has been sent to all parents and put on the College's website, include:

- "The school's achievement is outstanding".
- "The college has a culture of improvement, based on rigorous self-evaluation and improvement plans. A high degree of collaboration between staff, and a culture in which each student is an individual, is at the heart of everything the college does".
- "The school's behaviour is exemplary. They are ambitious and successful".
- "The school's attitudes to learning are exemplary throughout the college".
- "Each form student benefits from outstanding teaching, leadership, and pastoral support, and given encouragement greater than any in the top 1000 schools".

nationally".

• "Nearly two-thirds of the teaching is outstanding".

• "Students' exceptionally good subject knowledge contributes greatly to the development of work for the most able students. Such students are challenged at a high level by the perceptive questioning and by opportunities for creative learning".

• "Students and their

parents fully acknowledge the college's success in providing outstanding learning, which they see as an outstanding".

• "The Principal (and college leaders at all levels) work with a high degree of control purpose, with the aim of securing consistently outstanding learning".

• "Teachers use to the professional standards the exceptional approach of the Principal".

• "The governors work with the Principal to make sure that partnerships are promoted and work for the benefit of the students in the college. These activities include work on recruitment and work on local awareness and schools".

Dr Jon Vagstad, Principal of Midhurst Rother College, said: "This is an achievement that everyone associated with the college can be proud of. At our first Ofsted inspection in its academy we were told we were satisfactory, with some key areas

already being outstanding at the very good. However, our job was to ensure all judgements to be standard. We knew that to become fully outstanding would require a substantial focus on improvement, which I am delighted to say has resulted in this outcome less than two years later.

"I am particularly pleased for our staff who work incredibly hard throughout the year to give our students the education they deserve. We feel proud of the staff parents and students believe outstanding learning is an outcome. We hold the expectation close to our hearts and seize every opportunity to live up to it.

"The Ofsted judgement comes towards the end of a superb year for the college. We began early last autumn by celebrating the significant success in our GCSE and A Level

results. Then we received more applications than ever before to attend the college that morning September. And we moved into our brand new building, which finally brought the whole college onto one site. We thought our common-sense Opening Ceremony on the 10 April would be the high point of the year - how wrong we were!"

Andy Bach, Managing Director - Assessment at United Learning, said: "This is exceptional recognition for the excellent work of Dr Jon Vagstad, colleagues and students at the college. They deserve all the plaudits that Ofsted have given and it is yet another significant achievement for this special team. I am delighted for them and for what this represents in demonstrating how far the college has come in the past few years."



Staff and students at El Chichester Rother College



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They are also criminals

AS YOU MAY be aware if you've been reading me up for the past few weeks, I keep on using the phrase 'young ones'. I did think it of somebody else but heh heh, it's an awesome phrase. It's how I started using it in the right way, though. Then, talking about some ACTUAL young ones.

Young ones are everywhere. We were all young ones at one point. But there's this stage of these all being like wonderful little human who stop around and drool. However I failed to see the stage on the five year old who gave us the 'kager' yesterday. We are living amongst teenagers. They may be small and gaily things running around, but be warned!

Looked the pattern when I started babysitting. As much as the children are lovely, they are also criminals. I have been consulted an amount amount over the past few weeks. As a hint, NEVER play sports with children. They will then play on your shoulders. You will come home a broken woman from. A person's teacher may be to make one hand down to pick up the ball, look at my body and then undermine me for his mother. Then, when I eventually threw the ball they laughed at my throwing skills. There is just no winning with some people. I will be the angry wreck going home and shouting 'SHUT UP! I HAVE GREAT



Mia Edwards

LEGS OK! It's all the toddlers that I will put.

Plus, it's responsible for them both who started with a decision. As it happens, the children I babysit are good at listening to my instructions. They're hard and polite, two things I should maybe learn from them. But being in a game of Tag and it's finding someone. Everyone will be 'home' for them, making them virtually invisible. And if by some small miracle I manage to Tag one of them, you'll think I'd dropped them. There is when my overly competitive side makes me make a mistake. I've been Tag for like an hour, and at least I PROBABLY won't lose.

And what is this crime that you speak of? It's like a five year old a place where rules don't count. If I could just say to them 'no more this' it would be amazing. If that doesn't work, neither should you. I have a life lesson and put those crossed fingers out of my face.

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Rabbit rescue - neutered female

- Polly is a 6 month old, white, neutered male rabbit.
- Tyson is a handsome, friendly, yellow and white and black leg male rabbit.
- Poshie Queen is a friendly, sweet, white male rabbit. He has a lovely soft coat and likes standing with his hand legs.
- Stuart is a friendly, friendly and neutered grey and white male rabbit.
- Earl is an obedient, sweet, friendly, a year old neutered brown and black male rabbit.



Photo: M. J. W.

Rabbit rescue - neutered male companion
- Chapsy Chapsy is a 2 year old, black and white, friendly neutered female.
- Poshie is a friendly 2 year old neutered female who is easy to handle.

De Standaard is a 3 year old male who is neutered, pending a neuter surgery for his test. The neuter surgery requested is £100, which includes neutering, up to date vaccinations for rabies and VED and owner by Poshie's Vet. neuter for up to 4 weeks. Otherwise, fill in an online rabbit adoption form by going to www.crrccentre.co.uk (Email: adoption@crrccentre.co.uk) or phone 01243 794490.

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Calling all performers



STYLING: JENNIFER WILSON

JEM Theatre Training Academy (JEMTTA) are calling for performers to take part in a charity event they are hosting at the end of June. Trained well in a lot of War Child and will take place at Chichester University in the drama studio theatre on Bosley path.

The theme of the show is the dark and twisted side of fairy tales, although there is a general, underlying subject and can be interpreted locally. JEMTTA are looking for individuals/groups and schools to take part in the event performing pieces on dance, song, drama or live music. Short/feature films and exhibition art are also welcome.

Drama, Theatre, artistic character, or any other talented people out there to get in contact. "We want to showcase the best West Sussex and Hampshire has to offer in creative arts while supporting a great charity."

If you would like to get involved in this event you can contact Emma by emailing her at emma@jemtta.co.uk.

Dance gala presents proceeds to charity

THE UNIVERSITY OF CHICHESTER has presented the proceeds of a contemporary dance gala to a local charity.

Dancing for Tony's A Contemporary Dance Gala took place at The Showrooms on the University's Seabrook Drive Campus earlier in the month. University Vice-Chancellor Professor Clive Selinger was on hand to present a cheque for the £3,000 raised by the event for Sir. Richard's Hospice.

The gala was organised by University lecturer Ann Nugent as a celebration dedicated to the memory of her husband Tony, who unfortunately passed away April 2012. Tony was a great supporter of contemporary dance, particularly at the University. During his last months, Tony and Ann were both supported by the wonderful staff at Sir Richard's Hospice.

Ann says: "Dancing for Tony was an extraordinary experience. Not only did the event raise £3,000 for Sir Richard's Hospice, but it also released a great wave of generosity. Everyone who was asked to take part, from dancers to costume and set, giving their time willingly and without charge. Our Vice-Chancellor, Professor Clive Selinger, helped defray costs with a



Miss Charlotte Pickford, Clive Selinger, and the dance gala winners performing in the gala.

dancers from the University, and about 30 students volunteered their services, taking responsibility for programme conception, order making, ticket sales, and front of house duties.

"Richard, Marie, one of the best teachers I have in English class, was becoming a master of curriculum and the audience cheered him and the performance to the roof

lines! It was the warmth generated by dancing for Tony that it has been agreed to award a second gala next year on Sunday 10th May."

Performers at the gala included Emma Howe, Cat Thomas, and Will Dore, as well as the University's postgraduate dance company, improvisation, and third year touring company, JF all.

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MONEY AND HAVE THE TIME OF YOUR LIFE!**

Cabinet Member Says 'make your voice heard and don't miss out on grants scheme'

RESIDENTS worried about a local issue have been urged to make their voice heard and community and voluntary groups have been reminded not to miss out on the chance of a grant towards a worthwhile project.

The two concepts came from West Sussex County Council Cabinet Member Peter Griffiths at the 14 County Local Communities (CLC) across the county prepare budgeting meetings for the first time since the elections earlier this month.

Peter, whose Gogginville Polakova portfolio will also own all responsibility for the CLCs, said: "Our CLCs will have more cash to support local community projects in the 2015/16 financial year, which is very good news."

Last year CLCs had £4,000 per community council or foundation as part of the Community Initiatives Fund scheme (CIF). However, that has been increased to £6,000 for 2014/15.

To take it to the next level, £25,000 will be available to support worthy causes in the financial year – an increase of £19,000.

"CIF has provided £1.2 million in more than 450 community groups and voluntary organisations across West Sussex since it

was started in 2003.

Supporting strong, active communities is really important, and this funding has helped all sorts of projects organised by local people for their community here, helping to raise an extra for local people to purchasing equipment."

In these difficult times supporting local communities has become more important than ever, and I am delighted we have found this extra money to have even more impact, as I would urge people concerned in applying to visit the CLC pages on our website to find out more, available at the minute."

Full details of the criteria for the CIF scheme and how to apply can be found at www.westsussex.gov.uk/cif together with details of when and where the committee will be meeting.

Peter has also urged people who have a local concern to take all advantage of the open forum called talk with us which is a feature of every CLC agenda.

He said: "That is a great opportunity for people to have their views and views that any local concerns they have are reported with their County Council representatives, so they can take action where appropriate."

Free mole clinic at Nuffield Health

WITH SUMMER rapidly approaching, Nuffield Health Cheshire Hospital is hosting a FREE mole clinic on Saturday 3 June. Specialist advice will be given by leading Consultant Dermatologist Dr A. Karim. Free appointments will be available from 9am. Moleclips will be booked on a first-come first-served basis.

If you would like advice from a specialist with regard to suspicious or changing moles, Nuffield Health Cheshire Hospital has great places to see you to attend our free moles screening clinic which is being opened in the local and surrounding communities.

Dr A Karim states: "There are approximately 16 million of Malignant Melanoma in the UK and it is the leading cause of death from skin cancer. Melanoma is a very aggressive and dangerous cancer that targets all ages, but is entirely preventable if caught early enough. There is also evidence that increased public awareness, sunscreens and protection of moles helps early diagnosis."

All City of patients seen at the mole clinic will be invited to seek diagnosis and treatment advice. Patients who require treatment who have private medical insurance or who wish to fund themselves can be provided with appropriate medical management of their skin problems at Nuffield Health Cheshire Hospital. Hospital staff will be available to discuss

options on the day. There is no charge, however, to have any treatment at Nuffield and patients can choose to be referred to the NHS.

Nuffield Health Cheshire Hospital is part of a charitable organisation the UK and the free mole clinic help to achieve one of its charitable purposes, promoting health and wellbeing for all.

The incidence of skin cancer is growing in the UK and new research for 95% of cancers. Your risk is increased if you are fair skinned, have numerous moles, have a family history of skin cancer and / or have lived abroad in a hot country such as Australia.

According to Cancer Research UK there are significant warning signs that a mole is suspicious and should be seen by a doctor. You should seek advice if you have a mole that is:

- Getting bigger
 - Changing shape, particularly if getting an irregular edge
 - Changing colour – getting darker, becoming patchy or multi-coloured
 - Itching or painful
 - Bleeding or becoming crusty
 - Looking inflamed
- Research also suggests that moles with three or more different shades of brown or black are particularly likely to be suspicious (melanoma).

To book a free appointment or for more information on the mole clinic at Nuffield Health Cheshire Hospital please call 01625 616646.

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Chichester Business

Old style watches are the new future



LOWERY, the popular jeweller's based on Chichester's North Street, specialises in diamond and precious stone set jewellery.

Lowery always keep a range of vintage and branded second hand jewellery but they are also keen to expand on their range of

second hand watches

Their second hand watch brands range from Longines, Patek Calatrà, Rolex, Cartier, Omega and Chopard - all guaranteed by you - plus diamond set cocktail watches.

Pragmatically, Colin Bryant, says old style watches are now becoming a thing for the future.

"There's been a massive surge in new and old watches," he says. "There's as much interest in old and modern watches. We do Edwardian and late Victorian pocket watches and we do carry and specialise in vintage pen and pocket watches. We are really interested in new items which may look as well as old watches, and those who wish to invest and see the old watches which that can be bought."

"We have many second hand style watches for both men and women. Some of the old style small watches are now being worn by ladies of all ages. The interest in



watches generally has become more. From the lady who wishes to have that old style accessory to the well dressed man who has a watch for each different type of occasion."

Lowery also carry out restoration for watches and provide on the premises. They also have a full repair service specialising in remaking, out of date jewellery.

If you wish to view the watches available at Lowery's Chichester, or you think you may have an old watch that could be of interest to the shop, you can visit them at:

Lowery, 54 North Street, Chichester, West Sussex, PO19 1JQ
Tel: 01243 976981 Email: loweryj@btconnect.com

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Arts & Entertainment

Fast & Furious 6 (12A)

Running time: 145 mins
Directed by: Justin Lin

The sixth installment improves on the data processing previous films by adding better humor, punchier fight scenes and stunts that are even more ludicrous than the last lot, but it's still not as good as the first and is hampered by poor action direction and a dull script.

What's it all about?

Directed by Justin Lin (now finally established as the movie director), Fast & Furious (now rebranded as *Fast*) follows the adventures of Dominic Toretto (Vin Diesel) and his crew as they take down a high-tech, high-speed car thief (Luke Davis), who is currently on the run from a military operation. However, there's a twist: the movie is actually a sequel to the first film, which was a prequel to the first film (the first film was a prequel to the first film).

With Halle Berry as the new lead, the movie is a sequel to the first film, which was a prequel to the first film. The movie is a sequel to the first film, which was a prequel to the first film.



(Left) Diesel – and his crew off for London to hot pursuit of Shaw, aided by Tobar's car – and his crew off for London to hot pursuit of Shaw, aided by Tobar's car.

The Good

There are some very popular in the franchise that the opening credits have one of those everyone-welcomes-the-cars scene that make it look like a TV show. At least the franchise has better humor (which is often less than the franchise has better humor) – keeps an eye on the franchise has better humor (which is often less than the franchise has better humor).

with Diesel getting a lot of scenes where he's not in the franchise has better humor (which is often less than the franchise has better humor).

The franchise has better humor (which is often less than the franchise has better humor) – keeps an eye on the franchise has better humor (which is often less than the franchise has better humor).

The Bad

That said, though, Fast has an eye for the franchise has better humor (which is often less than the franchise has better humor) – keeps an eye on the franchise has better humor (which is often less than the franchise has better humor).

On top of that, Diesel and Tobar's dialogue is often a bit of a mess, and some of the supposed emotional moments work at all. Similarly, the franchise has better humor (which is often less than the franchise has better humor).

Verdict

Fast and Furious is a sequel to the first film, which was a prequel to the first film. The movie is a sequel to the first film, which was a prequel to the first film.

WIN A MEAL FOR TWO AT THE SHIP HOTEL



WHERE AM I?

Chichester Herald, in partnership with Chichester Herald, is giving away a dinner for two people – every week!

The Chichester Herald will be running a 'Where am I?' photo competition sponsored by the Ship Hotel in North Looe, Chichester every week where you have to guess the location of the photo.

For your chance to win this amazing prize for two people, please enter the following photo competition.

Can you guess where this picture was taken within the Chichester area?

For your chance to win this month's competition, email your answer (name, address and contact number) to: news@chichesterherald.co.uk

the ship
Hotel, Bar & Restaurant

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Tel: +44 (0)1243 776000 Email: enquiries@theshiphotel.co.uk

Enter from 10.00 on Friday 21 May at 10.00. The competition is for one winner with a prize of two for two at the Ship Hotel. The prize is for two winners of the prize of two for two at the Ship Hotel. The prize is for two winners of the prize of two for two at the Ship Hotel.

WIN 2 TICKETS AT CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION:

Q. WHAT YEAR DID THE FIRST FAST & FURIOUS FILM COME OUT?

- A. 2000
- B. 2001
- C. 2002



Send your answer and include your full name, address and a contact phone number to: competitions@chichesterherald.co.uk. One lucky winner will be selected at random. Closing time is Tuesday 4th June 2015 at midday. The winner will be notified later on that day.

• Last week's winner is Roger Hulford from Chichester.

Prize draw will be held on Wednesday 3rd June 2015.



Cineworld Chichester
Chichester Gains Chichester,
PO19 6EL 0871 200 2000

South Downs Wood Fair July 13th and 14th - It's "A great family day out!"

SEE OVER 200 stalls at the picturesque Queen Elizabeth Country Park, just off the A27, near Petersfield, the South Downs Wood Fair is a must for a fun day out. The show offers something for all ages. On days will be everything from huge machinery to small scale crafts and more. But there will be lots of other attractions and plenty of excitement for all the family too.

Children's activities, traditional crafts and working liveryhorses are among the many delights. There will also be a wonderful range of other crafts and exhibits on show. The organisers of the 'Wood Fair, Field Follies, and 'Tis a May be a Wood Fair, but words have made the only event. There's plenty to tempt everyone. Crafts, arts and displays to other visitors are a strong feature and the crafts marketplace is not to be missed. It's rich with displays and lots of ideas about furniture-making.

Don't miss the Food Hall with delicious local and specialty foods to take home.

For the children, there are rides, amusements, go-karts, karts on rails, donkey rides, water-skiing and more, as well as much more. Amongst all this, there will be lots more to make the day special. You'll find local professionals, a bar, entertainment and music as well. Expect some very special surprises too. The only way you can't day out for the whole family.

Get in early at 10am on Saturday and Sunday 13th and 14th July.

Admission at the gate is Adults 4.50, Seniors 3.00, Children Free. Parking is free too.

Discounted advance tickets are available at Queen Elizabeth Country Park until July 10th.

For information, visit www.southdownswoodfair.co.uk or call 01243 842930.

Chichester residents to be inspired and empowered by renowned author and coach

AUTHOR, coach and trainer Chris Johnston is set to visit Chichester on Thursday 14th June for a weekend and inspiring workshop entitled, *Reinvented, Resourced, Respected*, and *Empowered*. Johnston is a leading expert on the art of living with the challenges of Chichester, acknowledging that we live at a time of uncertainty when the future might seem scary and the challenges we face overwhelming.

This evening seminar to help us rise to the challenge and play our best part in creating the future we hope for. Organised by remarkable group Transition Chichester, the workshop will introduce the practice of 'active hope', and explore what hope is because constrained, marginalised, oppressed and rejected as the treatment from carbon to nuclear, have gone into the history of a sustainable, life-affirming society. Johnston is an highly respected across the UK as a speaker and trainer on the psychology of change, especially in relation to health related behaviour, social engagement and global issues. His first book, *Find Your Power*, series of the first will help leaders address both personal and professional concerns.

Event organisers *Transition Chichester* and *Chris Johnston* are in company and will be working together with a more and more approach. The evening offers an alternative way to view the challenge of



we face in our world today, and space to acknowledge our feelings in relation to climate change and the need to follow our deepest feelings. Transition aims to reduce our individual gifts and talents to make each of us more forward with positivity and hope.

The event takes place at 6.30pm, doors open at 6.00pm for refreshments at Friends Meeting House, Priory Lane, Chichester, PO1 1JL on Thursday 14th June.

Tickets cost £10 and are available from the Festival Book Box, Cathedral Square, by contacting Transition Chichester. Tickets are available at www.transitionchichester.org/ 01243 571743.

WIN TICKETS TO THE SOUTH DOWNS WOOD FAIR

We have tickets to the South Downs Wood Fair at Queen Elizabeth Country Park on July 13th and 14th - 10.00 for adults, 4.50 for children.

You could win one of four pairs of tickets, being given away to Chichester Herald readers. All you need to do is send your name and address to the event organisers at:

info@southdownswoodfair.co.uk and put "Chichester Herald" in the subject line. The winners will be drawn on July 16th. If you're not lucky enough to win, you can still save money by buying advance tickets from the Country Park Centre, from June 13th and July 14th. Find more details on www.southdownswoodfair.co.uk

Sky Diary - June 2013

By Peter Littlejohn

MERCURY reaches its maximum altitude on the 14th of June but is faint and low down in the west so invisible after sunset. Venus continues to brighten, easier to spot and very close to Mercury in the west with the crescent Moon very close to both on the 14th at around midnight. At the end of the month the Park has its beautiful fireworks display which is a must watching year after year. The Moon is at its closest to Earth (perigee) on the 14th when it is 358,000 km away.

July begins away and in the full Moon will be visible to the horizon. It will look even bigger in the month.

The only tropical planet Saturn crosses the equator around 14.50 and is well placed for observing. Two rings become well shown as Saturn dips and rises. On the 14th, the Moon is at its closest to Earth (perigee) on the 14th when it is 358,000 km away. On the 14th of June, the Moon is at its closest to Earth (perigee) on the 14th when it is 358,000 km away.

Planetarium Shows and Times

June 2013	
Sunday 03	3.30pm Prepare for the start of the
Sunday 09	3.30pm The first for Earth-Moon-Mars
Friday 14	3.30pm The Stars That Make
Sunday 14	3.30pm Saturn, Lord of the Rings
Sunday 23	3.30pm Venus Six, Space Weather
Sunday 30	3.30pm The Stars That Make

Tickets: Adults £5.00, Children £2.00

Tickets are available to adults at The Museum, Tower Street, Chichester. Alternatively, please phone 01243 774300 or ticket hotline 01243 774300 to reserve your tickets. Payment by cash or cheque only, on the day.

A map showing our location can be found at: www.southdownswoodfair.co.uk

Films showing at New Park Cinema

CHICHESTER cinema
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The Great Gatsby - 1925, starring

7th July
10.00 *The Great Gatsby*
12.00 *The Great Gatsby*
13.00 *The Great Gatsby*
15.00 *The Great Gatsby*
17.00 *The Great Gatsby*
19.00 *The Great Gatsby*
21.00 *The Great Gatsby*

8th July
10.00 *The Great Gatsby*
12.00 *The Great Gatsby*
13.00 *The Great Gatsby*
15.00 *The Great Gatsby*
17.00 *The Great Gatsby*
19.00 *The Great Gatsby*
21.00 *The Great Gatsby*

9th July
10.00 *The Great Gatsby*
12.00 *The Great Gatsby*
13.00 *The Great Gatsby*
15.00 *The Great Gatsby*
17.00 *The Great Gatsby*
19.00 *The Great Gatsby*
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10th July
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11th July
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12th July
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Food & Drink

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17 million chefs on 'the sauce'

OF MILLION people (34 per cent) in the last year have changed to cook after consuming more than two alcoholic drinks, according to research from Dorset Local Food Partnership. It appears the success of celebrity chefs, who often feature behind the bar of a glass of wine as they cook, are encouraging amateur chefs to let the wine talk. Indeed, professional chefs of the most at-risk groups as they are more likely to cook at home after coming to work a night or earlier than taking the time away from the workplace.

The consumption of more than two drinks a day is a major risk factor for cardiovascular disease and is a potentially dangerous if they are operating equipment such as hot fryers, electric cooking hobs, ovens or grills.

Paul Griffiths, Dorset Local Food Partnership manager at Dorset Local, comments: "I hope people may think they are fit to fit up the fryer or turn the boiler after a couple of beers, they need to consider their ability to provide the equipment will be impaired after just a couple of alcoholic drinks. People are putting themselves at increased risk of injuries like burns, or setting their house on fire if they fall asleep with the cooker on, after consuming alcohol."

Calorie content of food hugely underestimated

PEOPLE who eat at fast-food restaurants underestimate the calorie content of meals consumed by as much as 500 calories, according to a paper published online today on the BMJ.

Adults underestimated the calorie content of a meal by almost 50% in a recent content, the US study found.

Between 2006 and 2011, many US states and other passed laws requiring chain restaurants to report information on menu and the US Food and Drug Administration (FDA) of the Act of 2010 introduced a provision that requires all major eat-in chains with more than 15 US sites to print calorie content on menus.

In the UK, most fast-food chains such as McDonald's, KFC, and others, have agreed upon the government's new public health responsibility to list on food that includes a commitment to labelling meals with the calorie they contain, but the food is still a voluntary.

Previous research has shown that adults underestimate calorie content of meals by as much as 50%, but these studies did not consider consumer choice of menu items or focus on a narrow range of fast-food restaurants.

Researchers from Boston therefore turned to a large study of reported meals to fast-food restaurant chains in 10 major cities

in the United Kingdom, including London, Manchester, Birmingham, Bristol, Glasgow, and London. The researchers studied a diverse group of adults aged 18 and above, who were asked to eat at a fast-food restaurant and report the calorie content of their meals.

At the time of data collection, none of the chains routinely printed calorie content on menus.

The researchers studied a diverse group of adults aged 18 and above, who were asked to eat at a fast-food restaurant and report the calorie content of their meals.

After collecting reports from participants to estimate the calorie content of their meals, they asked them to complete a questionnaire which included a question asking participants to estimate the calorie content of their meal.

Less than a quarter of participants reported the calorie content of their meals correctly, and less than 10% reported using a healthy choice for their meal.

Overall, two-thirds of all participants underestimated the calorie content of their meals with approximately one-quarter underestimating the calorie content by at least 500 calories.

The average calorie content of meals was



1,017 for adults and they underestimated that content by 225 calories. Adults who ate meals had an average calorie content of 1,017 and they underestimated it by 225 calories.

The children, they found, had an average of 725 calories and that was underestimated by 125 calories (parents provided answers for school-age children).

The researchers concluded that adults, children and parents of school-age children generally underestimate the calorie content of meals, especially long-term. They said: "This is a concerning finding as it may lead to misjudgements of the US Food and Drug Administration's Act of 2010 might help to correct underestimation of calorie content."

Tesco.com wins Good Housekeeping's 'Favourite Online Delivery Service'



FOR THE fourth year running, Good Housekeeping readers have voted for Tesco as their favourite home delivery service of choice.

Now in their fourth year, the Good Housekeeping Food Awards honour the very best in food and drink retailing, with Tesco winning the award at a star-studded event at Lancaster House on Tuesday night.

Tesco's commitment to service has a million faces, a smile, making life easier for customers across the country. With over 50,000 Tesco branches and growing, it's no surprise that more than double the number of

the year ahead, more customers than ever are now choosing to shop their online on mobile and tablet, before picking up their shopping at a time that works best for them.

Daniel Wood, UK Marketing Director at Tesco, said: "We're delighted to be crowned Good Housekeeping's Favourite Online Delivery Service for the fourth year running. Our focus is on delivering great food at great prices to our Tesco.com customers, and we're very proud to be recognized as a favourite retailer by Good Housekeeping's readers."

Breakfast sandwiches set to take major slice of sarnie market

50 MINTS have set their sights on the fact that they have created a huge growing market for the UK food and drink industry potentially worth tens of millions of pounds.

For many working people grabbing a E1.1, egg and bacon or all day breakfast sarnie on the way to work or to eat at their desk has become a way of life. And this new lifestyle change has helped create a vast field of home breakfast UK market worth a staggering £1.5 billion which is growing annually at 6.4 per cent according to consumer analysts Mintel.

Furthermore, breakfast styled sarnies are the fastest growing area of the UK sandwich market with demand set to continue to grow for the next five years.

Now to cater for this rapidly expanding market Tesco will, from this week, become the first retailer to launch a dedicated breakfast sandwich range across the UK which will sit at their own Sarnie at the front of its stores. Tesco sandwich buyer Debbie Allford said: "Adding a sandwich on the go is best of a hot drink breakfast

has become the norm for millions of working Brits. As a result we've seen a massive rise in demand for a breakfast sarnie."

"As below the breakfast sandwich market has a massive potential and could be one of the biggest untapped food markets which is why we are launching this new range."

"We've spent the last year researching the market and without giving out too much information to our rivals we've found that sandwiches with breakfast fillings are popular right into the early afternoon."

"Just five years ago you would have found one breakfast styled sandwich in the top 10 - now there are three in the top 10 which shows just how popular they have become."

The range is aimed to satisfy breakfast cravings at different times of the morning from savoury breakfast sarnies such as egg, ham, tomato, onion and cheese and (vegetarian) chocolate to sweeten delicious sarnies such as banana, chocolate, jam and honey and cinnamon buns.

Further measures of the popularity of breakfast sandwiches comes from the British Sandwich Association who recently conducted a poll of 1,000 people to find the UK's favourite sandwich, with E1.1 coming out on top.



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Capsules or Tablets?

MANY PEOPLE all over the world are turning to natural health treatments and we are becoming much more health-conscious and health-aware. This is true day and year around. Indeed, with so many people taking so much care of their health, it's not surprising that you are getting enough of all that the body needs to feel good and be healthy. But everyone can afford to eat too fast, or even have the time to prepare healthy meals every day. Life styles can demand a great deal of our time.

Supplements are a tricky subject. How much do we take? What is best for the body? Is there any proof? Are we adding more chemicals and preservatives to our system? (Blood sugar very often the active ingredients of chemicals and vitamins are only a part of the entire tablet. In fact, as the older high vitamins, low-dose, capsules, tablets, chewing gums, liquids, and the list goes on. The danger is the tablet because of these ingredients are not absorbed within them. But can pass through the digestive system unabsorbed, or just simply get stuck, or even damage the gut or pass through. What? What about capsules?

Research reveals that people actually



Denise Kelly

prefer taking capsules, as they are easier to swallow. But there is another reason why capsules are much better to take than tablets, and that's the ingredients themselves. It turns out that some capsules contain some of the finest ingredients and capsules, and you should be pretty sure with those who do not use anything except, herbs or capsules, vitamins or nutrients. Taking capsules means the absorption of the product is more efficient and certainly, you will not find a capsule pass through the digestive tract. The capsules designed to dissolve, have the ingredients are released in the system and absorbed much more easily.

A good independent health shop should be able to advise you on the products that they stock and the ingredients in that bottle

at the end of the day you want to be taking something that's going to do you good, not do you more harm. And with that you are to your body's elements and getting rid of toxins. Always ask for professional guidance when it comes to your health. Because you are worth it!

Denise Kelly is a **NATURAL** health advocate from Nutritional Therapies registered Nutritional Therapist. She writes Nutritional Programs for a variety



of companies and has a private practice in Chichester, West Sussex and is the founder of K.G. Fit Kafe. Tel: 01243 398140 www.denisekelly.co.uk

The Immune system

The immune system is made up of a network of cells, tissues and organs that work together to protect the body. Low levels of vitamins A, B12, and C, Vitamin E, iron and zinc can weaken immunity. This means that your body's immune system may be a healthy diet rich in fresh vegetables, oily fish and whole grains.

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design your body



Beauty is more than just skin deep

SUMMER is approaching, and with it, bikinis, sunbathers etc. This is when our largest organ – our skin – is at its most visible. It measures around two square metres in total area and makes up about one sixth of the body's weight. Although it is only a few millimetres thick, it serves several crucial functions: it shields against environmental influences, heat, and pathogens. At the same time, it stores energy, it is an organ of secretion and absorption and, last but not least, it is a sensory organ.

There is more to skin than meets the eye. The skin on your thighs plays a particularly important role here. About 10 percent of all women are affected by cellulite and battle against unpleasant dimpling. Apart from genetically caused areas for deposits and hormonal causes, which are responsible for the roughness of the skin, uneven weight, poor metabolism, and a lack of exercise negatively affect the skin. We know from experience that with some dimpling, the skin can get rid of its fatty components more easily. There is only one possibility of somewhat reducing the appearance of the cellulite. Creams alone do not help because, while fat and cellulite may be applied to the skin's surface, so that the skin seems smoother and looks better, it is also very easy to remove.

skin, targeting the fat deposits in the hypodermis, which are responsible for the formation of dimpling. HYPOXI! focuses on the combination of moderate exercise and alternating pressure treatment, which explicitly increases blood circulation in the problem areas. The metabolism is activated and fatty acids are taken away and burned better by the circulation. The result is clearly slimmer and tauter thighs.

In addition to volume loss and fat burning, the improvement in the skin appearance plays a big role in HYPOXI! Training®. HYPOXI! Dermology® combines compression therapy and vacuum therapy. While you relax on a comfortable couch, your activation shoulders are supported until a special mat moves the skin with gentle intensity. This combination alternating between low and high pressure throughout and tightens the connective tissue. What's more, tension and build-up lymph can be better removed, and the regeneration process of the skin and connective tissue can be activated.

With the combination of exercise and alternating pressure therapy, HYPOXI! offers an alternative treatment for cellulite. In conjunction with a healthy and well-balanced diet, more and lasting results can be achieved in just two months (three treatments per week).

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Seaside house prices starting to coast along

THE AVERAGE house price in seaside towns rose by 4.7% over the past decade, to £199,000, according to latest research from Halifax.

Since 2005, Bathing in the sea was the seaside town that recorded the biggest rise with the average house price increasing by 11.1% from £165,000 to £183,000 in 2013. The town, which is a sub to the seaside town of the town, was also the most expensive in the South East. The town's largest rise, and one of the most, was in the town of £199,000 to £214,000.

Contrary to the recent performance of the wider housing market, eight of the ten seaside towns experienced the biggest house price rises since 2005 in the South East. The other two top performers - Margate (£199,000) and Hove (£199,000) - were in the South West. The other two top performers that were in the South East were in the South East. The other two top performers that were in the South East were in the South East.

Marina Estate, housing association in Hove, is one of the most popular places to live. They offer a unique lifestyle with a typically high quality of life and a healthy environment and as a result, living by the coast can come at a price.

The average house price in seaside towns rose by 4.7% over the past decade, to £199,000. This means that the market is still a relatively low level over the decade.

is 4.7% more affordable when compared to the average house price across England and Wales (£199,000).

The price performance of seaside towns was slightly below the 4.7% increase across the whole of England and Wales since 2005. However, there was a shift in the comparative performance of seaside towns, which outperformed overall prices in England and Wales in the two years to 2013.

Salisbury and Swindon are the still highest priced seaside towns.

Despite the outperformance by northern seaside towns, prices in the South East were the lowest in the country, with the lowest average price in the South East.

Salisbury in Dorset (£199,000), which is in the South Downs Area of Outstanding Natural Beauty (AONB) and Swindon in Dorset (£199,000) were the highest average price with both also having amongst the most expensive areas of any description in the country, with both having their top performers in the countryside.

Salisbury and Swindon were amongst the most expensive in the South East.

Contrary to the north's outperformance over the decade as a whole, southern seaside towns have fared better during the past five years. All top ten performers were coastal in the South East. The other two top performers were in the South East. The other two top performers were in the South East.



The majority of seaside towns in Wales (£199,000), East Angles (£199,000) and the South West (£199,000) have an average price that is higher than the average price for the country. In contrast, there are no seaside towns in Yorkshire and the Humber or the East Midlands with an average price above £100,000.

All ten least expensive seaside towns are in northern England.

Half of seaside towns have high average prices. Three towns have an average price below £100,000 - Brighton (£199,000) in the South East, Hove (£199,000) in the South East, and Hove (£199,000) in the South East. The other two top performers were in the South East.

Internationally popular seaside towns in England feature in the list of the ten least expensive seaside towns with an average house price of £199,000.

Brighton (£199,000) is the least expensive seaside town in the country. The other two top performers were in the South East. The other two top performers were in the South East.

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Relief for motorists: Tank of fuel up to £6 cheaper

UK MOTORISTS are paying significantly less for fuel than just two months ago, with savings of up to 10p per litre of fuel, according to Statista's 10p/5p/20p Card a Month Fuel Survey. The average UK unleaded petrol price has decreased 4.5p per litre during this period.

The fall in UK fuel prices will be good news for many motorists, however in the UK a most expensive area to buy fuel, it will still cost more than 10p to fill up the tank of a popular family people carner such as a Ford Galaxy.

Statista analysed the average price per litre (1/1) of petrols unleaded fuel in every UK town and found that the most expensive place in the UK to refuel is Truro, Cornwall where prices average 100.4ppl, meaning owners of vehicles with 50-litre tanks will pay £50.20 to fill it up. In contrast, Chichester was the least expensive place in the country to buy petrol, at an average of 90.9ppl, or 10p for a full tank.

The average cost of unleaded fuel has decreased by a 10p since you were early March, which means even of popular models like the Ford Focus with a 40-litre fuel tank now pay an average of 40p to fill, up a decrease of 10p in just two months.

The biggest decrease since March of this year has been seen in Aberdeen, Durham

and South East London, where motorists paying to your cost less for unleaded fuel than just two months ago. Motorists in Durham can be expected to save an average of up to 10p for filling up a typical on-litre tank of fuel or 40p for a 50-litre family tank of fuel.

Statista attributes that motorists driving 5000 miles a month at an average of 35 miles per gallon spend 10p on petrol every month, almost the less than in March.

Alan Matthews, CEO Statista Cards, commented: "Spending fuel prices in the past 12 months have hit motorists hard with some families paying more than £500 to fill up the tank of a family car. However, our latest Fuel Survey shows motorists now temporary relief with decreases of up to 10p per litre in just two months."

"While fuel will be welcome news for UK motorists, fuel prices still remain at a near all-time high so it is important motorists look to make savings where possible, such as car pooling with colleagues, driving more economically or using public transport. The Statista 10p/5p/20p Card is another great way to save money on fuel, regardless of where you fill up, as it offers 10p cashback on fuel at petrol stations across the UK."

Tips for driving abroad this half-term

For you:

MOTD are you carry your motorist's details with you abroad, so you are able to contact them in the event of an accident. In addition, many offer 24-hour UK telephone services in case you need help in an emergency.

Double check your insurance covers you for driving abroad and whether or not your policy is downgraded. It is also important to note any conditions that may be applied to some policies when driving abroad.

Ensure you have the necessary documents, including: full driving licence, driving licence paper counterpart, V5c, your motor insurance certificate with contact details of your insurer and passport.

Make sure you check the driving laws in your chosen destination - for example, in Europe motorists drive on the right side of the road.

Familiarise yourself with varying speed limits which can change dependent on whether you're driving on a country road, in a city/town centre, or on a highway or motorway.

Ensure you have adequate breakdown cover. It is advisable that you arrange your own cover of your trip to avoid the chance of a breakdown.

Don't rely on your insurer and ensure

you have comprehensive cover for the car you are driving in and spend some time planning your route ahead of your trip. Some requirements can change from country to country. For example, in France, it is illegal to use a SatNav that provides real-time navigation indicating the location of local speed cameras.

Ensure you are aware of all the driving laws of the country that you are driving in.

Make sure you take frequent rest breaks and always pull over for a rest if you're feeling tired.

Many countries in Europe require toll roads so make sure you have sufficient cash to pay for the cost of tolls. It is also important to keep some spare money to cover any unexpected costs.

For your car:

Before you set your long holiday away by following regularly do not leave vehicles in sight, check the vehicle is locked, and park in well lit and safe places.

Complete a breakdown kit, including, fire extinguisher, tow and let, fuel for spare bulb, marsh, blanket and warning triangle.

In Europe, you must display a GB sign on your car. Countries outside the EU require you to have a GB sticker, even if you have a GB Euro plate.

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Sport

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Straight from the commentary box

Good things come to those who wait



Johnny Cantor

BO, JOHNNIE is here. Time to blow the head off a few cold ones to the local beer garden? Well you wouldn't pass from the middle.

The credit isn't entirely undeserved. Good Banos are in fact English and Irishish back education (pardon). Premier League rules go to 11 on a number of reasons including hours of live off television (OTV). Premier League's website: what to do with the tube on half time.

(Without spending a fortune). You start to start off the pit side, etc etc (you get the picture).

We allowed to get away from it all goes to a whole lot still saying away at the back of the mode of (Banos) there or what comes next? I, of course, do not know the answer. As the song goes, whatever will be will be.

Some supporters however have reacted to the lack of news on the occupational situation at the club.

I totally understand their feelings but would suggest they find a suitable elsewhere. The news will come soon enough following internal consultation and possibly legal action and we'll have a considered approach to bank. Some pre-reactions are prevalent in football newsdays.



But don't forget about the top to the beer garden and plant yourself made in front of the live web spot of the black staff. Remember Good Banos come to those who wait.

but often things get better and worse.

It's difficult to see a way back for the suspended team. On a point despite having made such an aspect of (Banos), let's hope a change will be seen but not rich. The question will remain in the end but as the case does improve I

would forget about the top to the beer garden and plant yourself made in front of the live web spot of the black staff. Remember Good Banos come to those who wait.

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Sport

Motor Sports

F1 in pole position at the 2013 Goodwood Festival of Speed

THE GOODWOOD Festival of Speed's unique ability to attract the top works Formula One cars of its day straight to, and already proven current teams have confirmed their intention to attend this year's 20th anniversary Festival (11-14 July).

Fourteen slots in the world's most exclusive open-air museum get dedicated to the latest and greatest cars and drivers. Seven current top teams have now confirmed to appear at Goodwood this year, McLaren, Ferrari, Red Bull, Mercedes, Lotus, Caterham and Maserati.

The thousands of 'thrill of the race' fans who attend a top Formula One event are now confirmed for Goodwood too, making Festival of Speed regular season ticket, as well as Mercedes drivers Lewis Hamilton and Nico Rosberg. When looking at the event, it is also confirmed on the evening media, and Festival fans will be able to see more and just Formula One action, with the unique possibility to get up close to them.

Roscoe Grand Prix drivers at the event have included Sebastian Vettel and Red Bull Racing team mate Mark Webber, and also



McLaren's Lewis Hamilton at the 2013 Goodwood Festival of Speed

look out at Goodwood for Formula One fans with the likes of Jenson Button, Alan Prost, Martin Brundle, Nigel Mansell, Damon Hill, Steven Nordin, Andy Priaulx, Michael Schumacher, Juan Pablo Montoya, Pedro de la Rosa, Jenson Button, Christian Horner and Adrian Sutil, all of whom have attended the Festival in recent years, with many expected to return this year.

Crickets

Chichester off bottom whilst Pagham's form continues

LEAGUE ROUND UP FOR 2013 MAY PREMIER DIVISION

CHICHESTER moved up the table with a win at home to Brighton and Hove in the Premier Division.

Scorers were low at Chichester where the home side moved off the bottom of the table with their first win of the season. Brighton and Hove were dismissed for 154 with Tim Jerns hitting 50 as Aaron Johns-Trester took 3 for 50 and Matt Goffin 3 for 30. Chichester then needed 100 for 5 to secure full points with 60 not out from Trester and 41 from Chris Kibben. Sussex Academy youngster Ben Gook took 3 for 10 in the Eagles debut.

DIVISION THREE ROUND UP WEST

Pagham's excellent start to the season continues in Division 3 after they beat their 10th League match outside the lower game. Pagham got home by just 2 wickets at home to Walsingham Crick also overhauling the status quo. Billingham and Hatfield are in



after Tim Mather blasted an unbeaten 50 in their innings. Grimsby Palace took a 55 but Hatfield were well short at 100 despite 50 from Tony Briggs.

Stoke Newington beat Crawley Eagles by 5 wickets to remain third. It's a long time since something happened but Doncaster and Walsingham were unbeaten with 121 and 100 respectively to beat the Eagles first. Crawley were beaten.

Steyning's Andy Swann took 3 wickets at Arundel in his home side could only reach 154. Arundel captain Dave Bennett has led Steyning to a 5 wicket win.

Shedfield and Epsom Eagles played out a draw with Epsom 150-6 at midpoint reply to Epsom's 150.

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DIVISION 1									DIVISION 2									DIVISION 3								
Team	P	W	D	L	F	A	GD	PTS	Team	P	W	D	L	F	A	GD	PTS	Team	P	W	D	L	F	A	GD	PTS
TRURO CITY	40	25	8	7	44	20	58	94	LITTLE HAMPTON TOWN	38	18	8	12	30	21	9	63	COLCHESTER	38	17	5	16	43	25	18	54
WORTHING	40	25	8	7	44	20	58	94	NEWMARKET	38	18	8	12	30	21	9	63	NEWMARKET TOWN	38	17	5	16	43	25	18	54
SOUTH SURREY	40	25	8	7	44	20	58	94	LITTLE COMMON	38	18	8	12	30	21	9	63	NEWMARKET	38	17	5	16	43	25	18	54
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